

ABSTRAK

HUBUNGAN EFIKASI DIRI DENGAN PERILAKU DIET PADA PENDERITA HIPERKOLESTEROLEMIA DI POSBINDU PTM WILAYAH KERJA PUSKESMAS JATILAWANG KABUPATEN BANYUMAS

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Latar Belakang: Kejadian hiperkolesterolemia semakin meningkat di dunia. Hiperkolesterolemia dapat dikontrol dengan melakukan perilaku diet yang sesuai. Efikasi diri merupakan salah satu faktor penting yang dapat memengaruhi perilaku.

Metodologi: Penelitian korelasi dengan desain *cross sectional*. Jumlah sampel 46 responden diambil menggunakan teknik *total sampling*. Instrumen penelitian menggunakan kuesioner, dan analisis data menggunakan analisis univariat dan bivariat. Analisis bivariat menggunakan uji *Pearson*.

Hasil Penelitian: Karakteristik responden sebagian besar berusia 46-55 tahun sebanyak 37,0%. Perempuan sebanyak 91,3%, berpendidikan SD sebanyak 50,0%, dan berpenghasilan dibawah < 1.500.000 sebanyak 52,2%. Responden memiliki efikasi diri dengan nilai rerata 56,85. Perilaku diet pada penderita hiperkolesterolemia dengan nilai rerata 39,26. Hubungan efikasi diri dengan perilaku diet pada penderita hiperkolesterolemia diperoleh nilai $p=0,018$ dengan nilai $r = 0,349$. Efikasi diri memiliki hubungan yang signifikan dengan perilaku diet pada penderita hiperkolesterolemia yang artinya semakin tinggi efikasi diri maka semakin tinggi perilaku diet

Kesimpulan: semakin tinggi efikasi diri maka semakin tinggi pula perilaku diet pada penderita hiperkolesterolemia

Kata Kunci: Efikasi Diri, Hiperkolesterolemia, Perilaku Diet

ABSTRACT

RELATIONSHIP BETWEEN SELF-EFFICACY AND PATIENTS DIET HYPERCHOLESTEROLEMIA BEHAVIOR IN POSBINDU PTM WORK AREA HEALTH DISTRICT JATILAWANG BANYUMAS

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Background: Hypercholesterolemia incidence is increasing in the world. Hypercholesterolemia can be controlled with appropriate dietary behavior. Self efficacy is one of the important factors that can influence behavior.

Methodology: Research correlation with cross sectional design. Total sample of 46 respondents were taken using total sampling technique. The research instrument used a questionnaire, and analyzed using univariate and bivariate analysis. The bivariate analysis using Pearson test.

Research result: Characteristics of respondents aged 46-55 years most of as much as 37.0%. Women as much as 91.3%, 50.0% had elementary education, and income below <1,500,000 52.2%. Respondents have self-efficacy with a mean value of 56.85. Dietary behaviors in patients with hypercholesterolemia with an average value of 39.26. Self-efficacy relationship with dietary behaviors in patients with hypercholesterolemia obtained by value $p = 0,018$ with a value of $r = 0.349$. Self-efficacy had a significant association with dietary behaviors in patients with hypercholesterolemia which means higher self-efficacy, the higher the dietary behavior

Conclusion: The higher self-efficacy, the higher the dietary behaviors in patients with hypercholesterolemia

Keywords: Efficacy of Self, hypercholesterolemia, Diet Behavior